

ABC's of Health

Stress

Awareness...

Stress is your body's reaction to the demands of day-to-day living. Stress is normal. However, too much stress can make it harder to work, play and stay happy and healthy.

Anything can be stressful. How YOU look at an event in your life determines how stressful it is to you. Worrying about a stressful situation can make it seem even worse.

Some of the problems related to stress are heart disease, diabetes, headaches, neck and back pain, mental illness and suicide.

Your body tells you when you are under stress. Some of the signs to watch for are:

- Not hungry or over-eating;
- Upset stomach;
- High blood pressure;
- Using more alcohol or caffeine, or smoking more;
- Trouble sleeping; and
- Aches and pains.



Behavior

- Think about how you react to stressful events and make plans to deal with or avoid them.
- Get moving, be more active.
- Eat a balanced diet, especially lots of fruits and vegetables.
- Talk with family and friends about the things that make you feel happy, sad, mad or scared.
- If you have children, try to plan some time alone.
- Trade baby-sitting with neighbors, friends or family so you can take a break.

Change

If you feel your stress is getting worse, get help!

- Talk to a trusted friend, family member, or your minister.
- Do something you enjoy to take your mind off your worries.
- Visit with people who make you feel good.
- Ask your doctor about counseling.
- Ask about an Employee Assistance program at work.



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